

Letter from Seyyidina to one of his beloved in Bussemghune

« After mentioning the name of ALLAH and the prayer upon the Prophet (peace and blessings be upon him),

Praise be to ALLAH, this letter is addressed to our friend and beloved who is among our most loved ones Sidi Abou-l-Qacem ibn Yahya Semghuni. May the peace and the Mercy of ALLAH The Most High and His blessings be upon you, your mother, your family and your children. The following is from he who loves you and desires all that is good for you: the servant of ALLAH, Ahmed ibn Muhammad Tidjani.

I received and read your letter in which you request me to invoke in your favour. Although I am far from being worth of this, I request ALLAH (May He be Glorified and Exalted) through the worth of his Prophet (may ALLAH be pleased with him) that he immerses you in the ocean of His Care and of His Love for you both in this world and in the Hereafter. Ameen.

You have also complained of sleeping too much, you should know that this excess has two main causes:

- The first one is the heart's persistent carelessness regarding the accomplishment of the evocation of ALLAH

- The second cause is excessive drinking and eating, over and above the limit of satiation. As long as these two causes are present, excessive sleeping is inevitable. Therefore, he who wishes to reduce it should force himself to evoke ALLAH at certain times. He should also reduce the quantity of food and drink intake, in this way, sleep will be reduced.

As for nocturnal involuntary ejaculation, before sleeping you should diligently recite three times the following verses: “By the sky and the night comer – [...] until [...] Then man will have no power or any helper ” (Surate 86 The Nightcommer , verses 1 to 10)

Then you should write with your finger on your right thigh, without ink, “Adam”, and on your left thigh “Awa” (Eve). In this way, you will “be free from” those nocturnal involuntary ejaculation [...]”

Research and translation by Zawiya Tidjaniya el Kubra in Lyon, France

